

WHITCHURCH SURGERY NEWSLETTER - SPRING 2012

Volume 5 Issue 1

SURGERY NEWS

www.whitchurchsurgery.co.uk



Surgery Hours

Morning Surgery will be from 8.00 to 10.15 each weekday. After 10 a.m. **no choice** is available as to which doctor you can see. To allow patients to see a specific doctor 10 appointments are allocated to each GP daily.

Appointments

Routine doctors appointments are for **10 minutes only**. If you feel you may need longer, please inform the receptionist. Please remember to cancel any appointments you are unable to attend so we can offer your appointment to other patients. Please make an extra effort to cancel appointments with the nurses, as these tend to be more than 10 minutes.

Car Park/Pavement

Please take care in the car park and on the pavements in the cold weather, as it can become slippery and icy.

Spring Recipe

Choc'n Orange Cheats' Cheesecake

Ingredients:

3 chocolate oaty biscuits, roughly crushed
100g/3 1/2 oz extra-light cream cheese
150g carton low-fat natural yogurt
1 large orange, segmented
2 teaspoons icing sugar or intense sweetener
Some grated chocolate or chocolate curls to decorate

Method

1. Divide the crushed biscuits between 2 tall glasses
2. Mix together the cream cheese and the yogurt, and stir through the orange icing sugar
3. Spoon over the biscuits then top with the chocolate. (If you don't fancy orange, this is great with any fruit, either fresh or tinned in natural juice).
4. Enjoy!

www.diabetes.org.uk/receipes

Gardening Tips

March

1. Trim faded flowers from winter heathers.
2. Prune down to soil level all canes of autumn fruited raspberries
3. Divide clumps of snow drops.

April

1. Sow hardy annuals
2. Plant dahlia tubers at least 10cm deep
3. Trim winter flowering jasmine

May

1. Divide Primulas
2. Plant out Chrysanthemums
3. Decide on bedding plants for summer colour.

How to limit the spread of virus infection

Every year, during the autumn and winter months, we are reminded of the various infections that are prevalent, usually caused by viruses i.e. common cold, sore throats, laryngitis, influenza and vomiting episodes.

The following general advice is useful for preventing the spread of a virus infection (if you are infected) or reducing the risk of catching it (if you are still well).

Some common sense actions (but no need to get obsessed) can help reduce the risk of passing on or getting an infection whether at home or in a community setting.

1. covering your nose and mouth when coughing or sneezing, using a tissue (not handkerchief) or if no tissue available covering the mouth with the back of the hand.
2. Disposing of dirty tissues promptly if possible and carefully putting in a bin is ideal.
3. Maintaining good basic hygiene, for example washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face, or to other people.
4. Avoid touching your face unless hands have been washed (understandably this is the most difficult advice for young children to follow)
5. Cleaning hard surfaces (e.g. kitchen worktops, door handles) more frequently than normal, using a normal cleaning product.
6. Educating your children to follow this advice.
7. Get advice if concerned (NHS Direct, doctor's surgery or out of hours service)

If you do catch an infection such as flu or vomiting, particularly with a temperature:

1. Stay at home and rest
2. Take medicines such as aspirin, ibuprofen or paracetamol to relieve the symptoms (following the instructions with the medicines and so long as there is no contraindication e.g. allergy). Children under 16 must not be given aspirin or ready made flu remedies containing aspirin.
3. Drink plenty of fluids (if vomiting then tiny sips are preferable)
4. Avoid smoking
5. Throat lozenges for sore throat
6. Blocked nose-saline drops or spray or if severe short term use of nasal decongestant



Dispensary News

You can now order your repeat prescriptions on line by emailing the dispensary on: **whitchurchdispensary@nhs.net**. Please give 48 hours notice or 2 working days before collection. When paying for prescriptions by cheque, the dispensary will need to see a cheque card.

A Chip and Pin payment service is now available in the surgery.

When a private prescription is issued by the doctor for collection at a chemist of your choice, there will be an admin fee of £10.00 . However, if you choose to have your private prescription dispensed at this surgery, the £10.00 admin fee will not be charged.

Easter Opening Times for the Dispensary and Surgery

As usual except for:

Closed Friday 6th April—Good Friday

Closed Monday 9th April—Easter Monday

Also closed on Monday 4th and Tuesday 5th June for the Queens Jubilee Bank Holiday

Please remember to give plenty of notice when ordering holiday medication.

Did you know?

As part of efforts to save money within the NHS, can we encourage you to buy treatments for minor ailments rather than have them prescribed.

The following can be bought at a reasonable cost over the counter at retail pharmacies.

Antihistamines

Nasal Sprays

Head Lice Preparations

Athletes Food Preparations

Threadworm (Family Treatments)

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Aciclovir Cream	Fybogel Type Products
Aqueous Cream	Colpermin
Diprobase 50g	Co-codamol
Chloramphenicol Eye Drops	Lacri-lube
Dioralyte Sachets	Sodium Chloride Nasal Drops
Double Base Shower Gel	Opticrom
Oilatum	Medigel
Aveeno	Hydrocortisone
Mebeverine	Anusol Cream and Suppositories
Hypromellose	Loperamide
Some Thrush Preparations	Panoxyl

Protected Time

The Surgery will be closed on the following afternoons from 1 p.m. for training.

Wednesday 21st March

Thursday 19th April

Wednesday 16th May

The out of hours service (Bucks Urgent Care) will be covering the practice on these afternoons and they can be contacted on 0300 130 3035

Contact Details

Please can you let us know if your contact details change. From time to time we might have to speak to you urgently and this can be very difficult if we don't have an up to date telephone number, either a land line or mobile number, or both, is very helpful.

If you need to change/book an appointment, ask for test results, need copies of immunisations etc., please do this yourself. It can place the receptionist in a difficult position to give information to a third party.

Test Results

Please ring after 11am when the telephone lines are less busy, to get your results.

Private Fees

Please be aware that there is a charge for non general medical services, such as private medicals, letters, passports etc. These fees are subject to VAT. Please enquire at reception.

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CHLAMYDIA—MORE THAN A HUG?

BEWARE THE BUG?

Are you under 25 years old? Do you know about Chlamydia? There is a Chlamydia screening service in Bucks. It is free, painless and confidential. You can do it yourself.

Please speak to one of the Practice Nurses, Dee, Angela or Marilyn for more information.

Nebulisers and Blood Pressure Monitors

If you have been loaned a nebuliser or blood pressure monitor by the nurses or doctor, could you please inform the surgery as soon as possible. If these are no longer required could they be returned, as they may be required for other patients.

Friends of Whitchurch Surgery

Books donated to the surgery contribute greatly to the Friends of Whitchurch Surgery fund. Please do not leave bags of books in the foyer, they may be handed to the reception staff.

Medication Reviews

It is important to keep up to date with medication reviews, to ensure you are on the most beneficial medication and dose.

Reviews can be in depth and can take up a whole appointment slot. So please try to make medication review appointments separately from any other problem you may have.

THINK HOME **NOT** HOSPITAL

The Rapid Access and Prevention Service, being piloted in Buckinghamshire County Council, have recently joined with Whitchurch Surgery. The aim of the service is to deliver a quick response to requests for social care support and in turn, try to prevent emergency admissions to hospital and possible crisis situations.

A care worker is attached to the surgery and is taking referrals directly from the GP's and other health professionals, patients must be over the age of 18 and be registered at Whitchurch Surgery. Assessments can take place at your home or at social care clinics that are being held at the surgery on a regular basis.